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ABSTRACT OF THE DISCLOSURE

A friendship bracelet having exchangeable elements thereon for wearing on the wrist. The friendship bracelet includes a wristband formed of stretchable material and having releasable closure means 5 members for opening and closing the wristband. A plurality of closed loop members are slidably removable from the wristband for exchanging with the closed loop members of other ones of the wristbands. Each of the plurality of closed loop members having first indicia thereon for exchanging with the closed loop members 10 of other ones of the wristbands having second, third and fourth indicia thereon.

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A method of using the friendship bracelet of the present invention wherein ^{the} wearers use the bracelets to exchange the plurality of closed loop members with first indicia thereon with the closed loop members from other friendship bracelets having second, third and fourth indicia thereon.